

Oklahoma City Thunder

Media Conference

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Oklahoma City, Oklahoma, USA

Ousmane Dieng

Press Conference



Q. What was it like for you in the offseason? How did you approach this offseason? And what areas did you feel like you wanted to work on most?

OUSMANE DIENG: I worked on a lot of stuff physically and basketball, keep improving my shot. I worked a lot on my shot this summer. So, yeah, I feel good.

Q. One of the biggest -- since you've been here (indiscernible) really played well when you get hurt. How much of that has been a mental toll on you and how do you keep going forward?

OUSMANE DIENG: Yeah, obviously sometimes it's tough. But I think it helped me grow mentally. So, yeah, I'm just ready and I'm doing whatever I can to stay healthy.

Q. Where do you think you've had your biggest jumps?

OUSMANE DIENG: I think I worked a lot on my diet and my recovery. That was one of the main things.

Q. What would you say is kind of your favorite part of the whole process, bringing a championship to this city, first time obviously. You were a part of that, going back home and sharing this with your family. What's been the favorite part of the offseason (indiscernible)?

OUSMANE DIENG: Yeah, it was amazing. I think the best thing for me was the parade with the fans. Just sharing that with the fans was amazing. And, yeah, I loved it. But now we are focused on the new season. We're focused on tomorrow, training camp.

Q. You mentioned changing up your diet. What did that look like? And just how much have you seen that positive effect, not just on your body, but I would imagine also mentally it helps as well, right?

OUSMANE DIENG: Yeah. I was more gaining some weight for me. That's what I did the last three years. I

think I really improved in that. And, yeah, I feel the changes mentally and physically on the court.

Q. Ousmane, you've been here a few years now. How do you balance the excitement of winning the title but knowing that the (indiscernible) roster is stacked and it's hard to get playing time? How do you deal with that as a professional?

OUSMANE DIENG: Yeah, like you said we have a really good team and really deep team. I'm just staying ready, waiting for my name to get called. And, yeah, I'm here to help the team win.

Q. Ousmane, Kam Woods got elevated to the Thunder staff this offseason. What has he meant for you personally?

OUSMANE DIENG: Yeah. That's awesome. I love it. We won the championship with him. So it was great. I congratulated him when I saw it. It was just good.

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